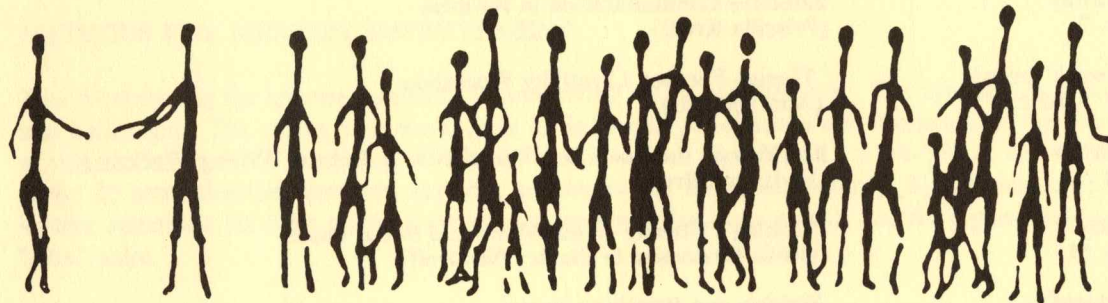




Concordia
UNIVERSITY

LACOLLE CENTRE FOR EDUCATIONAL INNOVATION



*Program Schedule
Winter / Spring 1990*

WORKSHOPS-WINTER/SPRING1990

(8-week series Jan. - Mar.	Transformative Theatre: A Creativity Workshop for Women (Ann Scofield)
Saturday February 3	Methods for Memory Improvement (Alexander Ackerman)
Wednesday Feb. 7	Motivation: "Discover Your Goals and Achieve Success" (Alan Knight)
Wednesday Feb. 14	Tourists in Developing Countries (Social Justice Committee of Montreal) FREE WORKSHOP
Saturday Feb. 17	Relationships: Sharing the Power (Carolyn Springer)
Saturday Mar. 3	Self-Management By Objectives (Raphael Marcus)
Friday-Saturday Mar. 9-10	Applications of the Myers, Briggs Type Indicator (MBTI) Workshop (Richard Cawley)
Saturday Mar. 17	Cultural Attitudes Towards Problem Solving (Kalpana Das)
Wednesday Mar. 21	Folk Legends & Myths of the Quebec Francophone Community (Jean Du Berger) FREE WORKSHOP
Saturday Mar. 24	Creative Retirement (Nora Schwartz)
Saturday Mar. 31	Using Humour to Deal With Stress (Monika Tsakanika & Louise Aznavour)
Saturday Apr. 7	Effective Communication in Business (Priscilla Kredl)
(8-week series) Apr. - June	Theme-Focused Creativity Workshop (Ann Scofield)
Saturday May 5	Are You on the Road Less Travelled? A Journal Writing Workshop (Vivianne Silver)
Friday May 11	Thinking Critically About Moral and Social Issues (Olivia Rovinescu & Stanley Nemiroff)
Wednesday May 16	Writing and Rewriting Poetry (Fran Davis)

THE LACOLLE CENTRE FOR EDUCATIONAL INNOVATION provides personal and professional development for members of the University community; health, social and education professionals and other members of the general public. Programming includes on-campus workshops at both the Sir George Williams and Loyola Campuses as well as at its off-campus residential facility in Lacolle, Quebec. This facility can also be rented by groups who want to hold meetings or conduct workshops in a country setting.

Other facets of its operation are "out-reach" programs which take educators into the Montreal community as well as other regions of Quebec and Ontario, and designing "in-house" professional development workshops for hospitals, banks and other institutions. The Centre is also a resource for developing and testing innovations in education. To this end, it is involved in conducting research and developing innovative, learning formats and materials.

TRANSFORMATIVE THEATRE: A CREATIVITY WORKSHOP FOR WOMEN

This experiential workshop provides fertile ground for exploring women's root creativity. At the centre of workshop activity are creative projects developed by each participant, drawing in images and themes from her imaginative and everyday experience. Material culled from personal sources (journals, dreams, family history, ancestry) and from daily life (relationships, work, politics, the kitchen sink) may find resonance through a variety of expressive modes: storytelling, writing, group improvisation, choral pieces, creating environment, mask-making, movement, dance, ritual play. The group will meet three hours per week for eight weeks. Enrollment is limited.

SECTION I:

Every Tuesday, Jan. 23 - Mar. 13, 1990.
6:30 - 9:30 p.m.
Location to be announced
Fee: \$220.00

SECTION II:

Every Thursday, Jan. 25 - Mar. 15, 1990.
6:30 - 9:30 p.m.
Location to be announced
Fee: \$220.00

Workshop Leader: Ann Scofield is a theatre artist, director and teacher who has facilitated women's creativity groups since 1979. She is the founder of Transformative Theatre and has offered her creative workshop series in Santa Fe, New York City, Nicaragua and in Vermont, where she has been a faculty member at Goddard College and Burlington College.

METHODS FOR MEMORY IMPROVEMENT

This workshop is for anyone interested in improving his or her memory. The approach is practical and hands-on. The motto "If it works, use it," is simple yet effective and characterizes the philosophy of this workshop. The workshop will be divided into four segments: 1) a pre-test to see the "before" score; 2) some theories, methods, systems, and foods that influence memory; 3) a hands-on practice and system selections (if none of the systems suit, we try to "roll our own"); and 4) a post-test to see the "after" score.

Workshop Leader: Alexander Ackerman (M.Sc., Queens University) is presently working as a research consultant for the Department of Communication Studies at Concordia University. His interest in memory improvement has been out of necessity.

Date: Saturday, February 3, 1990.
Time: 9:30 - 1:00 p.m.
Location: Loyola Campus, room to be announced
Fee: \$35.00

MOTIVATION: "DISCOVER YOUR GOALS AND ACHIEVE SUCCESS"

This seminar is designed to help you achieve your PERSONAL, RELATIONSHIP and CAREER goals. You will learn methods which will help you to:

- . increase your MOTIVATION
- . clarify your DIRECTION
- . take appropriate ACTION

The goal of the seminar is for you to take an important step toward living a healthier, more successful and balanced lifestyle.

Workshop Leader: Alan Knight has a B.A. in Psychology from Concordia University and a Masters in Education (Counselling) from McGill University. He has motivated and trained hundreds of individuals in the work place.

Date: Wednesday, February 7, 1990.
Time: 7:00 - 10:00 p.m.
Location: Sir George Williams Campus, room to be announced
Fee: \$35.00

TOURISTS IN DEVELOPING COUNTRIES: FRIENDS OR FOES?

Lured by glossy pictures depicting life in earthly paradises, Canadians by the hundreds of thousands, flock to less-developed countries for a few weeks holiday. We go for the sand and sun or to experience different cultures; to visit historic sites or explore exotic places; or simply to get away from our own climate. Seldom do we think of what our visits mean to the people who, in theory, are our hosts. The purpose of this workshop is to help us understand a little better the reality of life in many of these "earthly paradises" and how the Canadian tourist might use his/her trip to better advantage. Can tourism be an instrument which brings people together or is it destined to be but a superficial meeting of cultures?

Workshop Leadership will be provided by members of the Social Justice Committee of Montreal which has been exploring tourism as a means of learning more about less-developed countries for the past couple of years.

Date: Wednesday, February 14, 1990.
Time: 7:00 - 9:30 p.m.
Location: Sir George Williams Campus, room to be announced
FREE WORKSHOP

RELATIONSHIPS: SHARING THE POWER

A major issue in any relationship today involves the balance of power. When people feel vulnerable and afraid they often react with behaviour that is aggressive, defensive, helpless or dependent, thus creating struggles for control rather than getting their needs met. This workshop is designed to help people learn to share power and feel good about it. Participants will discover the effects of various behavioural reactions through role playing, visualization, exercises in sharing power and making creative decisions by consensus. The emphasis will be on finding ways to work together for the betterment of both parties.

Workshop Leader: Carolyn Springer (M.Ed. Counselling, c.o.) is a therapist in private practice. Her creative workshops are conducted with a spirit of compassion and fun.

Date: Saturday, February 17, 1990.
Time: 9:30 - 4:00 p.m.
Location: Loyola Campus, room to be announced
Fee: \$50.00 (\$45.00 for Full-time Students and Seniors)

SELF-MANAGEMENT BY OBJECTIVES

This workshop will show you, step by step, how to develop a strategic plan and achieve success in all areas of your personal, professional and business affairs. Participants will learn powerful new principles, concepts and practices to change your behaviour and improve your performance. Each participant will receive a copy of "Essential of Self-Management-By-Objectives" written by Dr. Marcus and all the documents, data and forms required to actualize your program immediately.

Workshop Leader: Dr. Raphael A. Marcus is Professor of Business Administration at Dawson College and also teaches part-time for the Faculty of Management of McGill University and the Faculty of Commerce of Concordia University. For more than 25 years Dr. Marcus has conducted courses and seminars in many functional areas of management and the behavioural sciences for Boards of Trade, Chambers of Commerce, Advertising and Sales Clubs and industry associations across Canada and the U.S.A.

Date: Saturday, March 3, 1990
Time: 9:30 - 4:00 p.m.
Location: Sir George Williams Campus, room to be announced
Fee: \$50.00 (\$45.00 for full-time students and seniors)

A TYPEWATCHING WORKSHOP: APPLICATIONS OF THE MYERS-BRIGGS TYPE INDICATOR

The Myers-Briggs Type Indicator, which has been developed to implement the personality theories of Carl Jung, is an easy-to-use questionnaire for identifying our natural preferences, strengths and temperaments. By the pattern of answers to the questionnaire the MBTI identifies differing styles of perception, judgement, energy direction and lifestyle. There is no "ideal" type, instead the Indicator identifies different kinds of people who like different things, are good at different things and who may find it difficult to understand each other. After taking this workshop you can expect to: a) identify you own work or managerial preferences and how they are similar to and different from those of the people you work with; b) examine how these personality similarities and differences facilitate and block productivity; c) sharpen interpersonal skills that will heighten personal and job effectiveness; d) understand the basic differences between people, so that you work with them and remain comfortable with yourself.; e) learn effective team-building and problem-solving strategies. This workshop will be of particular interest to educators, community leaders, managers, trainers, organizational consultants, human service workers, social work practitioners.

Workshop Leader: Dr. Richard Cawley is an Associate Professor in the Department of Applied Social Science at Concordia University, where he teaches courses in human relations and in community development. He has completed the qualifying workshop in the use and application of the **Myers-Briggs Type Indicator** and has taken additional training in the application of Jungian theory to human relations training with NTL (National Training Laboratories).

Date: Friday, March 9 and Saturday, March 10, 1990.
Time: 7:00 - 9:00 p.m. and 9:00 a.m. - 5:00 p.m.

Location: Sir George Williams Campus, room to be announced
Fee: \$100.00

NOTE: PRIOR COMPLETION AND SCORING OF INSTRUMENT IS NECESSARY TO COURSE PARTICIPATION. PLEASE PHONE AHEAD (848-4955) TO REGISTER.

CULTURAL ATTITUDES TOWARDS PROBLEM SOLVING

Cultural pluralism is a reality of all modern societies. Institutions and professionals are increasingly called to serve a culturally diverse population. Cultural pluralism challenges all of us to adjust and create new modes of living and working. This workshop focuses on exploring how people of different cultures deal with the problems of daily life. Attitudes towards problems, mechanisms for coping and problem-solving practices vary from one culture to another. This workshop is particularly useful for human service workers.

Workshop Leader: Kalpana Das is Executive Director of the Monchanin Cross-Cultural Centre. She is a cross-cultural consultant and counselor. For the past ten years she has been conducting cross-cultural training programs for teachers and social workers.

Date: Saturday, March 17, 1990.
Time: 9:30 - 12:30 p.m.
Location: Loyola Campus, room to be announced
Fee: \$35.00

FOLK LEGENDS AND MYTHS OF THE QUEBEC FRANCOPHONE COMMUNITY

Through the interpretation of tales, legends and myths, this workshop will attempt to explore Quebec's francophone community's collective subconscious, its implicit motivations, self-perception and sense of destiny.

Workshop Leader: Jean Du Berger is a specialist in Quebec's oral tradition and a professor at Laval University. He is also a researcher at CELAT (Centre d'études sur la langue, les arts et les traditions populaires des francophones en Amérique du Nord). He has done extensive research on the "devil" in Quebec's folklore. He is the author of many books and has been a regular guest on several radio and T.V. programs.

Date: Wednesday, March 21, 1990.
Time: 7:00 - 9:00 p.m.
Location: Sir George Williams Campus, room to be announced
FREE LECTURE

CREATIVE RETIREMENT

People leaving the work force are seeking a full and dynamic retirement experience. Present and future retirees are being called the "New Leisure Class." Is this label a myth or a reality? Are people prepared to cope with seven days a week of potential leisure time? This prospect can be terrifying in our work oriented society. This experiential workshop will introduce people to the concept of leisure and look at the meaning of work and its relation to self esteem in their lives. It will rekindle the art of play and unleash one's creativity so that retirement can become a fulfilling, joyful period in one's life. This workshop is designed for people of any age exploring the question of retirement either for themselves or a family member.

Workshop Leader: Nora Schwartz has worked for ten years in the area of Pre and Post retirement recreation, developing seminars for people of all ages coming to grips with retirement. Nora co-teaches Gerontology for the Practitioner at Concordia University and teaches in the Active Retirement Program at College Marie Victorin.

Date: Saturday, March 24, 1990.
Time: 9:30 - 4:00 p.m.
Location: Loyola Campus, room to be announced.
Fee: \$50.00 (\$45.00 for full-time students and seniors)

USING HUMOUR TO DEAL WITH STRESS

Do responsibilities, deadlines, your family or colleagues cause you stress? Do you, at times, feel that you have exhausted your reservoir of stress-management techniques? Do you take life too seriously to allow yourself to have a good laugh when tension builds up around you? If your answer to any of these questions is "yes," then you are invited to discover how you can learn to take "humour seriously" and use it as a tool to deal more effectively with stress.

Workshop Leaders:

Louise Aznavour has a Ph.D. in Psychology from Universite de Montreal and has extensive experience conducting seminars and workshops. She has discovered the power of humour as a therapeutic and stress reduction tool.

Monika Tsakanika has a Masters degree in Counselling from the University of California, Santa Barbara. She has worked as an individual and group therapist and classroom teacher.

Date: Saturday, March 31, 1990.
Time: 1:00 – 4:00 p.m.
Location: Loyola Campus, room to be announced
Fee: \$35.00

EFFECTIVE COMMUNICATION IN BUSINESS

In this workshop participants will be shown how to handle positive and negative feedback on the job using responsible, assertive techniques which neither compromise their own opinions and values nor offend or infringe on the rights of others.

Workshop Leader: Priscilla Kredl, Ph.D. is a counsellor at the Office of Guidance Services at Concordia University. For the past ten years she has designed and led programs for staff and students at Concordia University. Other seminars include: Assertiveness Training, Time Management, Job Search and Career and Life Planning.

Date: Saturday, April 7, 1990.
Time: 9:30 – 4:00 p.m.
Location: Sir George Williams Campus, room to be announced
Fee: \$50.00 (\$45.00 for full-time students and seniors)

THEME-FOCUSED CREATIVITY WORKSHOP

A creativity workshop for women who have participated in one or more sessions of Transformative Theatre or the Creative Laboratory. Participants will respond, individually and as a group, to a selected theme. Past theme-focused workshops have centered around such themes as women and myth, mothers and daughters, the child within. Participants may incorporate story-telling, writing, improvisation, movement and visual elements in their collective exploration of the chosen theme. Developing works in progress may be shared at an end of session invitational presentation.

Workshop Leader: Ann Scofield is a theatre artist, director and teacher who has facilitated women's creativity groups since 1979. She is the founder of Transformative Theatre and has offered her creative workshop series in Santa Fe, New York City, Nicaragua and in Vermont, where she has been a faculty member at Goddard College and Burlington College.

Dates: Every Sunday, April 15 – June 3, 1990.
Time: 1:00 – 4:00 p.m.
Location: To be announced
Fee: \$225.00

ARE YOU ON THE ROAD LESS TRAVELLED? A JOURNAL WRITING WORKSHOP

If so, you'll need to have a journal along in order to record discoveries, treasured moments, insights, people whose lives have touched yours, readings that have in some way caused you to reflect, links that give meaning to your life. Journal writing can be a transformational tool – one of limitless potential – be it self-discovery, creativity, problem-solving, self-healing or increased energy. Journal writing is also an effective instrument for people engaged in a variety of occupations. This workshop will make the connection between personal needs and professional demands by means of suggestions on how to transfer the skills and disciplines acquired in writing to other settings (e.g., classroom, helping situations, etc.). The workshop leader will use an integrative approach based on many sources, including some of the methods of Ira Progoff, as well as her own years of personal experience with journal writing.

Workshop Leader: Vivianne Silver holds an M.A. degree from the Department of Administration and Policy Studies, McGill University. She is presently pursuing her interests in the field of Management Studies. Through her own Human Development Consulting firm, she specializes in the creation and delivery of training seminars for academic, corporate and community settings.

Date: Saturday, May 5, 1990.
Time: 9:30 – 4:00 p.m.
Location: Loyola Campus, room to be announced
Fee: \$50.00 (\$45 for full-time students and seniors)

THINKING CRITICALLY ABOUT MORAL AND SOCIAL ISSUES

This workshop is intended for secondary and post-secondary teachers. It will deal with approaches to teaching critical thinking about moral and social issues. Emphasis will be placed on the process of identifying and constructing arguments, providing justification and arriving at judgments. Areas to be covered include: conceptual analysis, clarifying and analyzing value statements, identifying criteria, recognizing unstated assumptions, distinguishing relevant from irrelevant information and recognizing fallacies in reasoning. This workshop is based on the forthcoming book by Olivia Rovinescu and Stanley Nemiroff, Dialogues in Values and Critical Thinking.

Workshop Leaders:

Olivia Rovinescu is the Director of Lacolle Centre for Educational Innovation, Concordia University. She also teaches in the Faculty of Education at McGill University and at College Marie Victorin. Stanley Nemiroff is Chair of the Department of Religion and Philosophy in Education at McGill University. Along with Olivia, he co-authored Words on Work (Globe Modern Curriculum Press).

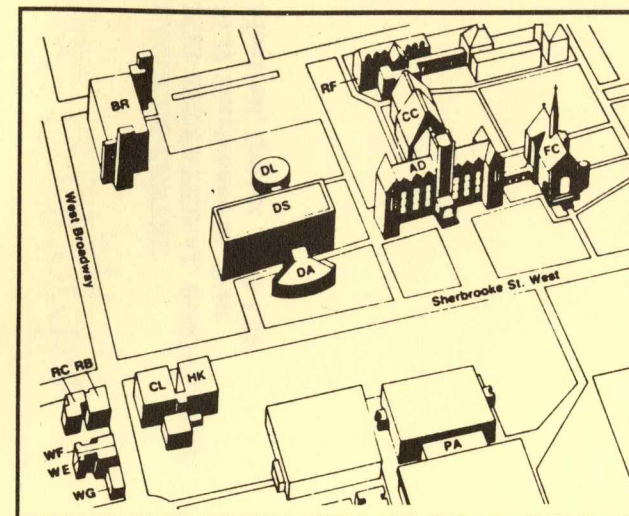
Date: Friday, May 11, 1990.
Time: 9:30 - 4:00 p.m.
Location: Loyola Campus, room to be announced
Fee: \$50.00 (\$45 for full-time students and seniors)

WRITING AND REWRITING POETRY

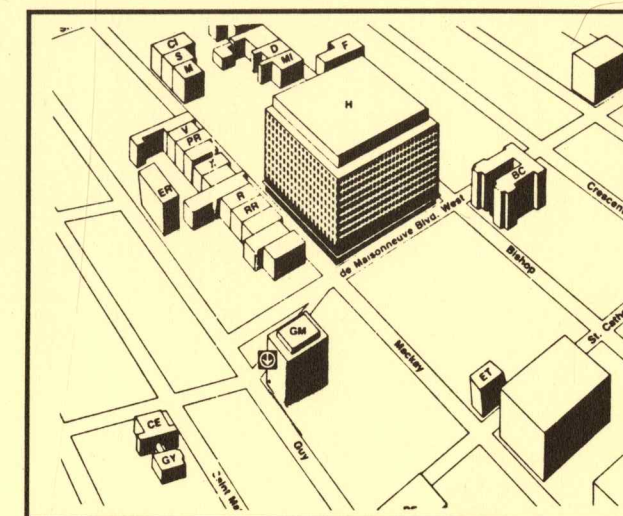
Writing lively and interesting poetry is largely a matter of discovering and exploring our own unique vocabulary, rhythm and voice. It also helps to have an interested audience for our poems. This workshop will provide participants with an opportunity to write several short pieces in response to individualized exercises, and to share them with the group. After producing this initial body of writing, we will discuss strategies for editing and helping each other develop at least one longer, more polished poem. Writers of all levels of competence, confidence and experience can profit from this full-day workshop; teachers might find in it not only a chance to develop their own writing, but a model for teaching to students of all ages.

Workshop Leader: Fran Davis (M.A. in English, University of Toronto) teaches Women Studies and English at Vanier College. She is a published poet and runs a poetry reading series at Librarie sur la Parc.

Date: Wednesday, May 16, 1990.
Time: 9:30 - 4:00 p.m.
Location: Loyola Campus, room to be announced
Fee: \$50.00 (\$45 for full-time students and seniors)



Loyola Campus



Sir George Williams Campus

REGISTRATION PROCEDURES:

1. A separate registration form must be completed for each workshop. (Please photocopy the form below.)
2. Make your cheque payable to **Lacolle Centre, Concordia University** and return with registration to: 7141 Sherbrooke St. West, Montreal, Quebec H4B 1R6.
3. Internal candidates: if applicable, fill out departmental budget code and authorized signature.
4. Refund policy is as follows: full refund up until 2 weeks before workshop; \$15.00 charge for cancellation within the last 2 weeks; no refund as of 2 days before workshop.

FOR FURTHER INFORMATION CALL: 848-4955.

REGISTRATION FORM

Lacolle Centre

Title of Workshop: _____ Date: _____

Participant's Name: _____

Address: _____

Postal Code: _____ Telephone: (Home) _____ (Work): _____

Institutional Affiliation and Position: _____

Internal Participants

Budget Code: _____ Cost: \$ _____ Authorization: _____